

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL

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Some Whole-Self Frequently Asked Questions©2001

(Revised 2013)

by Jon RG & Troya GN Turner

Q: What is my Whole-Self ?

My Whole-Self is the totality of me which knows everything
my consciousness has ever experienced,
& what patterns I consciously or non-consciously I came into life with to change
& transcend in order to grow, develop, mature & evolve.

The #1 Whole-Self Principle says:

I cannot change something until I know what needs to be changed!

Q: Is the Whole-Self Prebirth Analysis Matrix© only a diagnostic test?

While my Whole-Self Prebirth Analysis Matrix© is, in fact, an especially efficient
& comprehensive diagnostic tool, it is much more.

Most important it lets me experience that I was not in mother's womb but that my
conscious was in her bio-energetic field or aura - her mind & her emotions.

As mentioned above, once I know what needs to be changed
my Whole-Self guides me through the appropriate Whole-Self Processes
to effect change through the **Whole-Self 4th Dimensional Balancing**.

Q: How does the Whole-Self 4th Dimensional Balancing technique work?

Neither information nor insights can change my beliefs or behaviors.

There must be an effective tool for change.

Some psychological programs can be effective in gathering information; in revealing the reasons for pathology but have no process to effect change. All studies in Behavioral Medicine show that it requires 21 consecutive days to change a belief or a behavior. **The Whole-Self 4th Dimensional Balancing©** Process is based on this principle.

Again, The #1 Whole-Self Principle says:

I cannot change something until I know what needs to be changed.

Whole-Self Processes are particularly effective & efficient in gathering needed information about what specifically I need to change. This information discovered during all my Whole-Self Processes is integrated into a cohesive set of my diminishing self-judgments & my diminishing decisions.

Now that my specific diminishing self-judgments & diminishing decisions are clearly identified, W-S processes are in place to effectively develop specific changes in my diminishing patterns.

As with all experiences of life, my Whole-Self Life's Streams© events are experienced on many levels: physical, mental, emotional & spiritual & probably others not yet identified.

In order for change to take place, change must occur on all those levels which were originally effected by the trauma trance.

The Whole-Self 4th Dimensional Balancing©,

When my diminishing patterns & beliefs are released through a simple de-hypnotizing, a space or vacuum is left in me & in my consciousness.

In order to prevent my diminishing self-judgments & my diminishing decisions to reinsert themselves in me, I need to fill the vacuum or space with enhancing & enlivening thoughts & patterns.

This is the essence of Whole-Self 4th Dimensional Balancing©.

Q: How does the Whole-Self Releasing© & the Whole-Self Integration© clear the traumas stored in the body?

The Whole-Self processes are based on the earliest information that was given to Jon RG (formerly John-Richard) Turner over 40 year ago, when he was asked to be the first person in the USA to teach Aura Healing.

The hypothesis given him states:

- 1) My body experiences.
My mind tells me what my body experiences.
My emotions judge what my mind tells me my body is experiencing.
- 2) All this information is first stored in my aura or bioenergetic field or my consciousness (which can be described as a data bank or computer).
- 3) My physical body is a three dimension focus of my consciousness.

In the **Whole-Self Releasing Exercise**©, I am asked to focus on specific points in my body.

This triggers memories in corresponding points in my aura memory bank where relevant information is encoded or stored.

As this information is discovered & brought to my conscious mind I know exactly what I need to release, balance & integrate.

The Whole-Self Integration comes at the end of my Whole-Self Discovery & Development session or sessions. (Most W-S work is accomplished in one session.) It is my final de-hypnotizing transformation from my diminishing patterns to my new enhancing patterns which connects my healing & integration with my Whole-Self.

Q: How come it doesn't matter if I don't believe in Past lives?

The Whole-Self Past Life Echoes© Can Be:

my memory of a book, movie, a tv show - any story,
my remembrance of family or genetic information, or in fact, my past life.

In **Whole-Self Psychology, Philosophy & Education** the concept of **Whole-Self Past Lives Echoes**© is used as a therapeutic tool for me to recognize through descriptive words & scenarios information which my consciousness is repeatedly (non-consciously) reacting to & living out as if those events were still happening to me.

The point is that it does not make any difference because my story - my scenario helps me to recognize the possible source of specific diminishing feelings & patterns in my present life.

Once I know what needs to be changed, my Whole-Self guides me through a simple process which completes releases & balancing of my feelings & patterns.

Q: How does my doing the Whole-Self Work help my mother & father?

In **Whole-Self Psychology, Philosophy & Education** my consciousness was energetically attracted to my mother & father because they were experiencing patterns my consciousness needed to have activated to experience & transcend in my life. My parents are my first teachers & serve me perfectly by being my most effective mirrors for me to recognize those patterns I most need to activate in order to transcend in my life.

When I clear the patterns myself then my parents may not have to repeat these patterns in their present or future lives.

Once I have balanced my diminishing self-judgments & diminishing decisions, my parents no longer need to reflect those patterns to me & we can develop new enhancing patterns of relationship.

Q: What shall I do with the findings my Whole-Self Discovers?

The information my Whole-Self reveals to me is just the first step. As mentioned above, information does not effect change.

My Whole-Self, through the various Whole-Self Processes makes it possible for effective balancing of my diminishing self-judgments & decisions to be released & replaced with appropriate enhancing self-awareness & decisions.

Q: Can Children do the Whole-Self PAM as well?

Yes, children who have understanding of the basics concepts of birth & reproduction can easily do Whole-Self Processes. The age of nine is usually appropriate.

Q: Is it the same as the W-S PAM given to adults?

Basically, the Whole-Self Prebirth Analysis Matrix© is the same as given to adults. Although: There is a Whole-Self PAM rewritten for children with simpler words for ease of understanding. But the essential information is just as easily discovered & their program for appropriate change is created. Actually, this simpler W-S PAM has been created as a Sex & Relationship Education for Schools to replace ineffective biologically based sex education programs.

Q: We are a family. Can we take the Whole-Self PAM together, or should we work separately?

The answer is that both can be effective.

It depends on the degree of love & co-operation within my family. My Whole-Self Facilitator is qualified to make appropriate recommendations.

When there is a dysfunctional situation in my family it is sometimes recommended that separate sessions can be most effective with the intention of a subsequent family meeting to integrate the information & develop a plan of unification. In practice, because conflicted parties learn so much about themselves & their motivations based on their W-S Prebirth & Life's Streams patterns they are able to communicate lovingly with each other & often no joint session with the family members is necessary.

Q; How do I know the information from my W-S is not just my fantasy?

I can know that the information I receive from my Whole-Self is not my fantasy when the information is a surprise or unexpected & at the same time feels correct & when it is confirmed by relatives.

And, when I work with the information to balance it through my Whole-Self the patterns can be released.